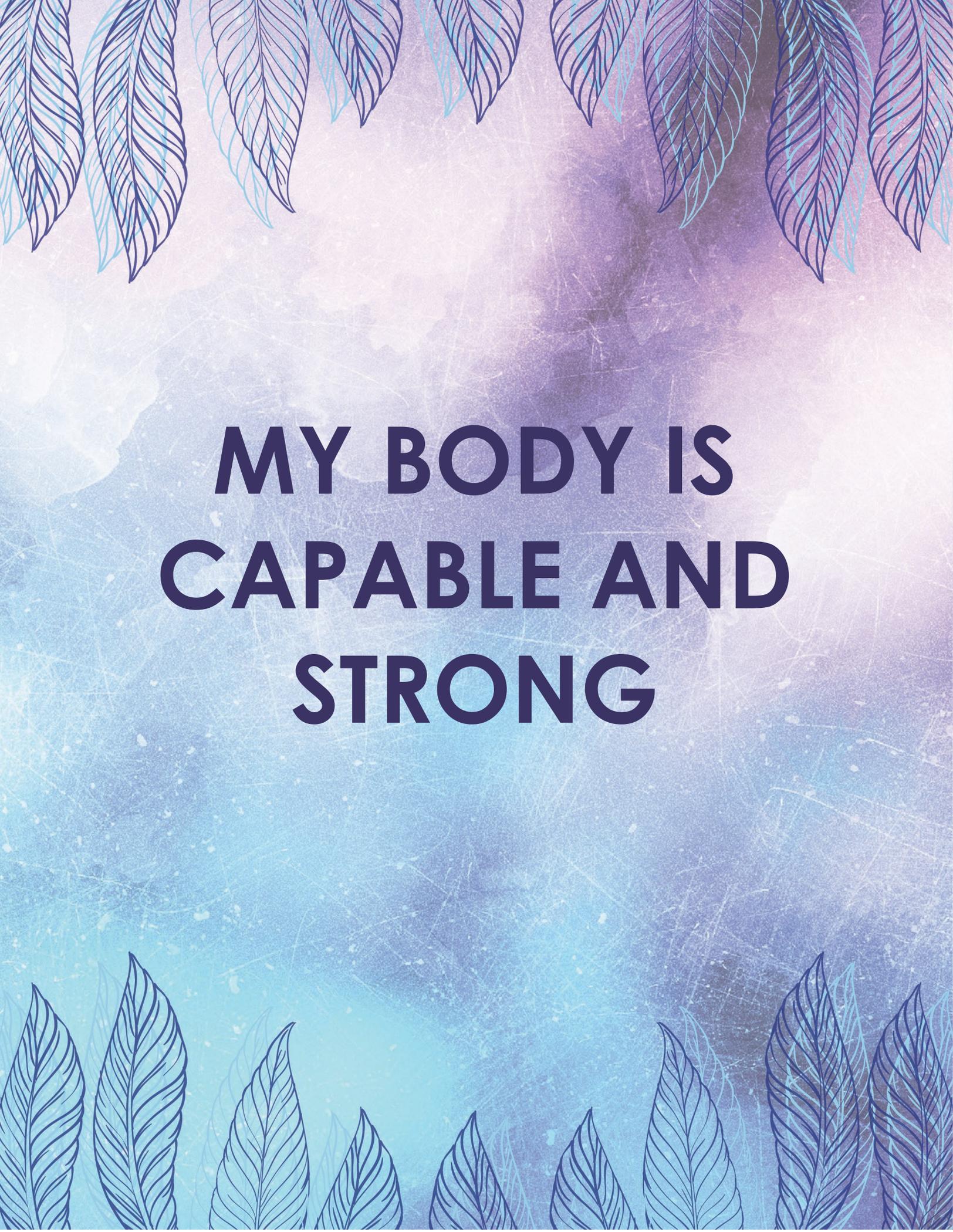




**I LOOK FORWARD  
TO MY BIRTH  
EXPERIENCE**



**MY BODY IS  
CAPABLE AND  
STRONG**



**THE JOY IS  
COMING**



# **RELAX OPEN AND RELEASE**



**EACH  
CONTRACTION  
LASTS ONLY ONE  
MINUTE**



**I ACCEPT THIS  
DISCOMFORT TO  
WELCOME MY  
BABY**



**BIRTH IS NORMAL  
AND NATURAL**



**MY BABY WILL BE  
BORN AT THE  
PERFECT TIME**



**I AM DOING AN  
AMAZING JOB**



**I AM STRONG  
AND CAPABLE**